

# NICE TRY, FLU BUG



## 1 Wash your Hands

- Do it right, soap and warm water for 20 seconds
- Before eating
- After using restroom
- Dry with a CLEAN fresh towel

## 2 Get immunized

- The virus can spread FAST so speak with your physician or clinic.

## 3 Uses a tissue

- Cover your mouth when you sneeze or cough. If you have to, sneeze or cough in your elbow.
- A sneeze is up to 3,000 infectious droplets at 100 mph.
- Tissue will trap germs. Its'-a-use once and throw it away.

## 4 Get enough sleep

- 3 yr –5 yrs: 11-13 hours
- 6 yr-12yrs: 9-11 hours
- 12 yr and up: 8 hours (that includes you Mom and Dad)

## 5 Drink

- Not pop...WATER. Makes sense since our body is mostly water. It flushes your system.

## 6 Eat Breakfast

- Proper nutrition help fight against the cold and flu virus.
- It also helps with concentration during the day.

## 7 Stay Home if You are Sick

- How many of you go to work or school sick?

## 8 Exercise

- Keep the body moving and strong is a great preventative measure.

The flu and cold season officially opens October 1 . The Center for Disease Control and Prevention has great tips and ideas to prevent the spread of either ailment.

<http://www.cdc.gov>

## Congratulations NEBRASKA Schools!!!

The Alliance for a Healthier Generations recognized several Nebraska schools in June for their efforts to maintain a healthy school environment.

Plattsmouth High School (Plattsmouth)  
Sandy Creek Elementary at Clay Center  
Bryan Elementary (Millard)  
Emerson Elementary (Kearney)  
Goodrich Middle School (Lincoln)  
Hazel Scott Middle School (Lincoln)  
Horizon Middle School (Kearney)  
Kenwood Elementary (Kearney)  
Lakeview Elementary (Lincoln)  
Morley Elementary (Lincoln)  
Norris Elementary (Firth)  
Norris High School (Firth)  
Northeast Elementary (Kearney)  
Sumner Eddyville Miller Elementary (Sumner)  
Sumner Eddyville Miller High School (Sumner)  
West Lincoln Elementary (Lincoln)



## What is the dirtiest thing in the classroom? (see backside for answer)



## Row, Row, Row Your Boat

Splashing water on your hands is not clean. Use soap and water and rub them together to the tune of Row, Row, Row Your Boat. Once your boat comes to shore (song ends) your hands are clean.



### APPS on the Smart Devices

Yes they are free and then some you have to pay for. But all apps on that smart device gathers data about you.

Without your knowledge, unless you read the fine print that is hard to see with the best of magnifying glasses, you could be allowing your information to be made public and/or sold for marketing ventures.

Some sound innocent but are built to send your email and phone contacts, call logs and internet data to a marketing firms. They will also send your ID information and even your location.

Some one is collecting this data and it is not easy to know what specific data the app is collecting or how it will be used.

If a developer of an app does not include their website or email information, it is advised not to trust the app.

### READ THE INFORMATION AND PERMISSIONS

Don't be click happy and excited. Take time to read the apps and see what information they are gathering. The app may have a hidden purpose and not the original application of the app.

Some apps use your location data to send you maps and coupons. They sell the information also to agencies that will eventually be spamming your smart device with junk and you are paying for it. Most wireless companies now have limitations for download size as they know marketing spamming of text messages will begin soon. Even if you registered your smart device on the National Do Not Call list, you gave permission for the app developer to gather your information which is not lawful.

### MALWARE

Yes, phones can be infected with malware issues due to apps, especially if you send/receive emails.

### Clean the Classroom

WebMD conducted a study and only 50% of the teachers clean/disinfect classroom surfaces such as doorknobs, handles, light switches etc. Classrooms and offices are the top breeding grounds for germ exposure.

### Yahoo reported

on September 14 that 56% of the searches for a 30 day period were for "flu systems and side effects". The top state was Florida then Texas.

Of these searches, 28% were made by kids under 13 years of age.  
[www.ysearchblog.com/2011/09/19/coldfluseason/](http://www.ysearchblog.com/2011/09/19/coldfluseason/)

### Map It!

Watch the flu trend from state to state.

Google

<http://www.google.org/flutrends/us/#US-NE>

Only three cities are reporting flu activity as of this writing according to the Center for Disease Control. Lincoln and Hastings has moderate flu activity and Omaha has high activity. The United States as a whole is reporting in the low range.

### Center for Disease Control and

**Prevention.** Not up and running but will be once reports are made.

<http://www.cdc.gov/flu/weekly/usmap.htm>

### Common School Absences



Chicken  
Pox  
Cold  
Flu  
Pink Eye  
Strep Throat  
Pin Worm  
Head & Body Lice



### Sugar Free Zone

Mayo Clinic nutritionists wrote an article that schools are saying no to sugary foods. No cookies, candies, sweet drinks or birthday treats. Reports show schools improved their performance, less illness and a decrease in disciplinary actions.

Kids eat healthier their bodies can ward off any of those nasty cold and flu viruses.

Answer from page 1:

Studies show—the pencil sharpener is the most dirtiest and germ infested item in the classroom.. Use mechanical pencils instead.

